

# ADULT FITNESS



## HEALTH AND WELLNESS FITNESS CLASSES:

Fitness classes are held at the Pioneer Center and City Hall. A physical is suggested before enrolling in a fitness class. New participants may attend one class at no charge if class is not full. **Minimum age is 12 yrs old.** Optional hand weights are provided for all classes. Class fees will be prorated beginning the third week of class.

### CORE STRENGTH

Core Strength incorporates traditional strength training with the principles of Pilates and Yoga. This integrated exercise program is designed to target and challenge your core muscles (abs, back, and glutes) while working other muscle groups at the same time. By imitating the tasks of daily living and targeting multiple joint actions and muscles, this workout trains the human body for real life. The Core Strength program helps optimize your workout efficiency and provides elegant, fluid, movements that simultaneously improve muscular strength and endurance. Avoiding the repetitive motions that cause overuse injuries, these integrated exercises can have a positive carryover effect into our activities of daily life.

Instructor: Tara Rohrbach  
Location: Pioneer Center  
Limits: 10/30

Jan 10-Mar 9	TuTh	5:30-6:30pm	\$47
Mar 21-May 4	TuTh	5:30-6:30pm	\$36

**CHECK OUT**  
**WATER FITNESS CLASSES AT**  
**PULLMAN AQUATIC CENTER ON PAGE 30**

### CARDIO SCULPT

A low impact, moderate to high intensity workout combining resistance training with aerobic exercise to maximize muscle strength and tone, cardiovascular potential, core strength, and balance. Great for beginners and experienced exercisers alike, this class combines work with hand weights, resistance bands, and the step into a fun and effective routine sure to help you achieve your fitness goals.

Instructor: Deborah Sanislo

Location: Pioneer Center

Limits: 13/30

Jan 9-Mar 10	MWF	5:30-6:45pm	\$52
Mar 20-May 5	MWF	5:30-6:45pm	\$44

**No class: Jan 16, Feb 20**

### YOGA FLOW

This is an active and contemporary yoga class for the fitness enthusiast. It is designed for people who want a workout as well as the benefits of traditional yoga. As a participant you will feel stretched, strengthened and balanced.

**Instructor: Jerilyn Archuleta**

Location: Pioneer Center

Limits: 10/20

Jan 9-Mar 8	MW	8:30-9:45am	\$39
Mar 20-May 3	MW	8:30-9:45am	\$34

**No class: Jan 16, Feb 20**

**Instructor: Julian Potts**

Location: City Hall

Limits: 10/15

Jan 10-Mar 9	TuTh	7:30-8:45pm	\$44
Mar 21-May 4	TuTh	7:30-8:45pm	\$34

### TONE AND STRETCH

Increase muscular strength and endurance, plus flexibility, with this aerobic alternative class. Weights are used for body sculpting and conditioning. Elements of Yoga and Pilates target various muscle groups, i.e., abdomen, as well as upper and lower body.

Instructor: Cherle Poulson

Location: Pioneer Center

Limits: 17/40

Jan 3-Mar 9	TuTh	5:15-6:15pm	\$44
Mar 21-May 11	TuTh	5:15-6:15pm	\$35

### RISE AND SHINE WORKOUT!

Reap the benefits of your workout all day long with a boost to energy and metabolism first thing in the morning! This low-impact work out will use music, the step, and hand held weights to improve muscle tone at the same time that you increase cardio fitness and endurance. Come and join us to get the most out of the first hour of your day!

Instructor: Cindy Zaring

Location: Pioneer Center

Limits: 10/30

Jan 9-Mar 10	MWF	6:15-7:15am	\$49
Mar 13-May 17	MWF	6:15-7:15am	\$51

**No class: Jan 16, Feb 20, Apr 3-7**